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EYES ON YOUR FRIES: The surprising new world of drone business. **PAGE 8**

Fake crashes nab tow truck drivers

Bylaw. Ottawa police stings are intended to punish aggressive and illegal behaviour



LUCY SCHOLEY
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Car crashes in Ottawa make for an unregulated “free-for-all” among tow truck companies, which race to the scene to be first on the job, according to one driver fined for attempting to offer his services at a crash site.

Edwin Weber, a driver with Sharkey's Towing and Road Service, was slapped with a \$175 fine on March 10 after arriving at a two-car collision near West Hunt Club and Highway 416. He said he was one of seven trucks on scene — two were lucky enough to be picked for towing jobs, while the rest drove off with tickets.

“It’s at the discretion of

By the numbers

19

Ottawa police have already ticketed 19 tow truck drivers in 2015. In all of last year, 27 tickets were issued to tow-truck drivers who parked or offered services within 100 metres of a collision.

the cop who gets the job and who gets the fine,” he said.

According to Ottawa city bylaw, it’s illegal for tow trucks to park or offer services within 100 metres of a collision.

Sgt. John Kiss, who manages the Ottawa police towing contracts, said the tow truck races have become so “unmanageable” that Ottawa police are now staging fake accidents to ticket drivers who they say are aggressively and illegally chasing collisions.

Police are also now dispatching two officers for straightforward collisions — one to handle the people in-

involved and the other to hand out fines to tow trucks who show up on scene.

Usually, it’s up to the drivers of minor collisions to call their own tow trucks. If they are injured and unable to call, then police will phone their own contracted towing companies.

But that does not stop some tow truck drivers from showing up on scene to offer services, which can be dangerous, said Kiss.

“I’ve heard officers tell me that they’re trying to clear up collision scenes, there’s injured people, and out of the corner of their eye, they see the tow truck driver screaming at an ambulance to move so that they can hook up at a car,” said Kiss.

Weber, who works 12-hour days, said he does not tend to chase collisions in the city, but he happened upon this accident last week. He said his ticket is unfair and he plans to fight it in court.

“Often my work is down-

right dangerous,” he said. “It’s hard-earned money and for the cops to just go ahead and take it from me for no good reason is not right.”

He said a proper dispatching service would help regulate calls and cut down on citywide collision chasing.

The tow truck wars have gotten worse since the city opened three Collision Reporting Centres, said Kiss. The facilities allow drivers to report minor collisions, rather than wait for police to show up. If a tow truck driver hears about the incident, he may show up and “aggressively” offer services — even for minor collisions that arguably do not need a tow.

Kiss said one driver was criminally charged last year for allegedly letting the air out of a tire to make it look like the car needed a tow.

The tow truck wars can also get aggressive between drivers. In 2013, a driver was charged with punching another driver over a job.



OT HERO

The Ottawa Senators’ Mark Stone celebrates his game-winning goal in overtime against the Carolina Hurricanes on Tuesday in Raleigh, N.C. The Senators won 2-1. Story, page 18.

KARL B. DEBLAKER/THE ASSOCIATED PRESS

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Food and drink

Local restaurateur the runner-up in Canada's Best Sommelier award

Steven Robinson of Ottawa's Atelier Restaurant finished as the runner-up in the Canada's Best Sommelier competition.

Elyse Lambert of Maisson Boulud at Montreal's Ritz-Carlton won the recent contest, held by the Canadian Association of Professional Sommeliers and Wine Country Ontario.

In third place was Carl Villeneuve Lepage of Toque! in Montreal.

Contestants completed an exam that included components of service, theory and tasting and then performed in front of their peers and members of the public at Montecito restaurant in Toronto.

Judges were master sommelier John Szabo, principal critic of Wine-Align; master sommelier Geoff Kruth, CEO for the Guild of Sommeliers; and Ricardo Grellet, founder and vice-president of the National Association of Sommeliers of Chile. Magdalena Kaiser of Wine Country Ontario was a guest judge.

Lambert will represent Canada at the Association Sommelierie Internationale World's Best Sommelier competition in Mendoza, Argentina, in 2016. A previous win disqualifies her from the Pan-American Sommelier Alliance competition slated for April 20-25 in Chile, leaving an opening for Robinson and Villeneuve Lepage to go.

THE CANADIAN PRESS



Const. Pierre Lanthier, spokesman for the Gatineau Police force, speaks to reporters at a break-and-enter investigation in March 2013. The 28-year veteran police officer is heading to Haiti for a year-long peacekeeping mission. JOE LOFARO/METRO

Gatineau officer takes on UN mission in Haiti

Peacekeeping. 28-year veteran says mission is a long-standing dream



JOE LOFARO
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A well-liked Gatineau police officer is taking a year off the beat to show his counterparts in Haiti how things are done up north during a year-long United Nations peacekeeping mission.

Const. Pierre Lanthier, a 28-year veteran with the force, said it's been a long-time dream of his to share

his policing expertise in a peacekeeping mission. And now that his son is all grown up and his girlfriend gave him her blessing to go, he's ready for the challenge.

The UN Blue Beret program partners international police officers with domestic authorities to mentor and train them, in addition to monitoring their operations.

Even though he's not crystal clear on what exactly he will be doing until he finishes a 10-day training session on the ground, he's eager to leave on March 24.

"The people there are really poor and they need

our help, so as a police officer working for the United Nations, I'm really anxious to go for a year in Haiti," he said.

"I might be working in communication — it's always possible — police community service, investigations. Everything's possible."

When the devastating earthquake struck Haiti on Jan. 12, 2010, Lanthier said he could feel tremors from Punta Cana, Dominican Republic, where he was visiting at the time.

He is heading south with two other Gatineau police colleagues and 30 Canadian

police officers from other agencies to work in the Blue Beret program.

The number of UN police officers who have been deployed in peacekeeping operations and special political missions has risen from 5,840 in 1995 to more than 13,500 in 2012, according to the UN.

But as Lanthier approaches 29 years of policing, he admits he might consider retiring when he returns from the mission abroad.

"It is always possible," he said.

Const. Jean Paul Lemay and Const. Andree East will fill in while he is away.

1 NEWS



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Curtis Corkum: Had to drop out of high school to make money to support his newborn daughter. Started training in the Learning to Earning program at HT Hospitality Training College.



Kimberley Asselan JOE LOFARO/METRO



Curtis Corkum JOE LOFARO/METRO

Kimberley Asselan: Started training at HT Hospitality Training College in March after losing a job and going on EI. She says without training she would likely be sitting at home searching for employment and would lose confidence in herself.

At-risk youth find hope in programs

Education. Province earmarks over \$300K for local programs to help youth get jobs



JOE LOFARO
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Without even knowing it, the barista who served you that caffè latte at Stella Luna or the cleaner who tidied your room at the Westin Hotel might have been an at-risk or homeless youth.

Young people like Kimberley Asselan get these types of jobs because of government programs operating in Ottawa, such as HT Hospitality Training College's Learning to Earning program as well as Operation Come Home's Job Action Project.

Asselan, 23, said her family and friends discouraged her

from pursuing further education when she was younger and to focus instead on part-time work. She found employment but then lost her job and had to go on employment insurance.

Two weeks into her new hospitality training at HT, she said she is already motivated to find a job as a cleaner at a hotel.

"It's awesome. It's very hands-on. They always make sure you're keeping on task and paying attention to what's going on," she said, adding that textbooks are provided for free and the college feeds students breakfast and lunch.

On Tuesday, Ottawa Centre MPP Yasir Naqvi announced the provincial government is funding both programs to help put more at-risk youth to work.

HT will receive \$175,000 to provide 60 vulnerable youth with 17 weeks of in-class hospitality training and an eight-week work placement with industry partners.

Operation Come Home

(OCH) will receive \$158,000 to provide 40 at-risk youth with tourism and retail-sector training and relevant employment opportunities.

"I find there are a lot of other people out there who are struggling to get that loan or to be able to pay off that debt," said Asselan, speaking about a common plight students face in securing funding for their education. "Giving that grant kind of helps them get to that point where they can pay off those loans or debts that they have."

Lynda Franc, OCH manager of development and employment, said there are approximately 3,000 at-risk and homeless youth in Ottawa, and 80 per cent of those who walk through their doors are seeking employment.

"They don't want to be just sitting around doing nothing. They want to be able to do something for themselves and feel like they're succeeding at something," said Franc.



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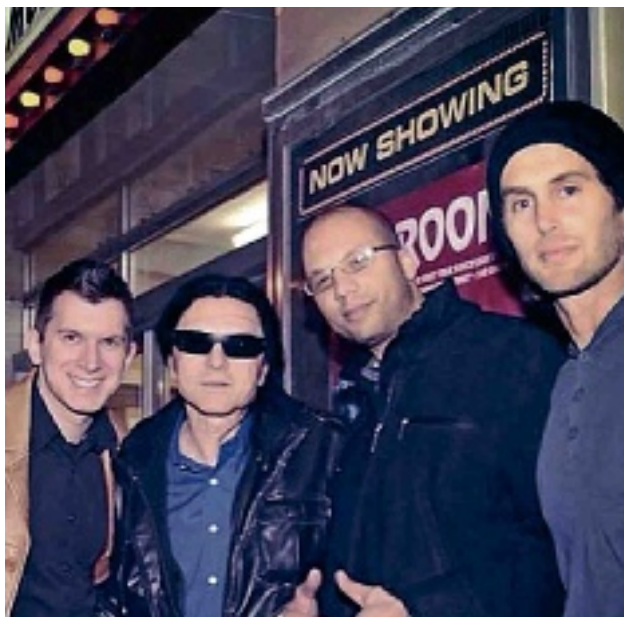
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Filmmaker Fernando Forero (left) stands outside the Mayfair Theatre with The Room's star Tommy Wiseau, Rick Harper and actor Greg Sestero. RICK HARPER

Fans trying to make The Room bigger

Movies. Proposed documentary to celebrate awful film nears its fund target

NICHOLAS HODGE
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Three Ottawa friends have nearly \$20,000 in support for a documentary profiling a cult classic film once described by Entertainment Weekly as Citizen Kane of bad movies.

The Room is a notoriously awful film full of visual errors and nonsensical dialogue. However, an ironic appreciation for the movie has kept it in theaters since its premiere in 2003.

Inspired by their love for the movie, friends Rick Harper, Fernando Forero and Martin Racicot set out to make a documentary titled Room Full of Spoons, showing how it was made and how fans celebrate it.

"When I first saw The Room at the Mayfair Theatre I thought 'this is a real phenomenon' and it completely changed my life,"

Passionate

"There's something magical about it that makes you want to see it again and again."

Rick Harper, director of Room Full of Spoons
On seeing The Room for the first time

said Harper, the director of Room Full of Spoons. "There's something magical about it that makes you want to see it again and again."

A portion of the filming costs for the documentary are being crowdfunded on Kickstarter. The campaign is about a thousand dollars away from the \$20,000 goal. With four days left to go, Harper is confident they will hit that number.

The Room has a strong fan base at Ottawa's Mayfair Theatre. The single-screen theatre on Bank Street has shown the movie at least once a month and since 2009. Tommy Wiseau and Greg Sestero, stars from the film, have made several appearances at the Mayfair.

Much like fans of The Rocky Horror Picture Show, audiences at The Room screenings interact with the movie. They shout jokes, boo the villain Lisa and throw plastic spoons into the air.

Some fans will even show up in tuxedos, referencing a bizarre scene in the movie where characters play football while wearing them.

The documentary, which saw nearly four years of production and contains interviews from every single cast member of The Room, will be released this fall.

"For emotional reasons we want to have it at the Mayfair," Harper said.

It would be an appropriate venue. The Mayfair is where he first entered The Room.

Utility companies probing Ontario's flickering lights

Utility companies are looking into reports of flickering lights in homes across the province, including in Ottawa. People from Ottawa to Toronto took to social media to report the flicker, with some expressing concerns that a blackout was on the way.

PowerStream, a muni-

cipally-owned utility serving some 370,000 north of Toronto and in central Ontario, says flickering lights were experienced across its service area but no major outages were reported.

It also says its control centre found a "voltage disturbance" on the Hydro One system just before 9:30 p.m.

Monday. Hydro One says it is investigating the voltage drop, which did not cause any outages.

There were outages reported Monday in the Toronto area and Barrie but these were not linked to the flicker and power had largely been restored by morning. THE CANADIAN PRESS

Construction worker

Sign falls from crane, injures man

A 55-year-old construction worker was hospitalized Tuesday morning after a 180-kilogram sign fell from a crane. He was working on Bank Street when he was trapped underneath the sign but was freed before paramedics arrived. He was said to be in stable condition. HALEY RITCHIE/METRO

SPOT 5 THINGS YOU SHOULD NEVER BRING TO AN INTERVIEW.



ANSWERS:

1) Shopping bags. It tells the interviewer that you care more about sales than you do about the job. 2) Coffee. Especially if you speak with your hands. The last thing you want is an unnecessary spill. 3) Your pets. The hiring manager might be allergic, scared, but most definitely confused. 4) Food. Eating during an interview is not only distracting, it's rude. 5) Your phone out. Turn it off and keep it in your pocket. This means you, Millennials.

THOUGHTS? TWEET US @WORKOPOLIS

For references, view the full article at workopolis.com

WORKOPOLIS
Let's get to work

A bike to go with that book



Justin Hall, left, and Charles Burke are attempting to bring their bike library program to Ottawa. COURTESY JUSTIN HALL

Trends. Start the Cycle program hoping to add 'physical literacy' to Ottawa library benefits

HALEY RITCHIE
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Libraries are great for teaching kids how to read, but two McMaster University students hope the Ottawa Public Library will soon also be a place to learn how to ride a bike.

Justin Hall and Charles Burke are avid cyclists who launched a Hamilton-based bike library program aimed at children.

Start the Cycle allows library-card holders to borrow bikes, helmets and safety gear for a short period of time. They're hoping the program, currently operating out of McMaster's library, can expand across the country.

"Libraries have been our answer to combating literacy challenges, and right now we're tackling a new chal-

lenge: it's physical literacy," said Burke, adding that the program would help combat obesity and save taxpayers money on health costs.

"Allowing young people to develop a love around reading is the true value of the library. We want to create a generation of people who love cycling," said Burke.

Ottawa's library and the Start the Cycle group have only just started talking, and no commitment has been made, said Anna Basile of the Ottawa Public Library.

While it might be a slow process, the idea of lending things other than books isn't a new trend.

"Libraries are community hubs; they're not just about lending books. They're about providing community services," said Valoree McKay, executive director of the Canadian Library Association.

She said that whether it's books, tech or bikes, libraries across the country are trying to draw in younger patrons and serve their community's needs.

Borrow this

Libraries in Canada are reading between the lines and lending a lot more than books and DVDs.

- **Fitness tracking.** The Ottawa Public Library has more than 500 pedometers available for people to borrow and track their steps towards better fitness. Even more high-tech? The Santa Clara City Library in California lets patrons borrow FitBit trackers.



- **Parks and arts.** The Vancouver library system lets patrons borrow a free pass to go mini-golfing, and Calgary's library offers free live-theatre tickets to low-income families. At the Ottawa Library, you can borrow passes to almost every museum as well as Gatineau Park's ski trails.



- **Watt-ever you need.** Libraries in Ottawa and Calgary let patrons borrow "Kill-A-Watt" machines that

can track how much energy is used by household appliances.



- **Fun and games.** Carleton University's library has an extensive collection of board games, including classics like Monopoly and new and unusual titles like Blokus and Zombicide.

- **Gamer heaven.** Once thought the antithesis of books, the Ottawa library now has over a thousand different video-game titles in hot demand. There's only a few copies of each, and some, like How to Train Your Dragon 2 for Wii, have over 50 people waiting.



- **The cutting edge of tech.** Ottawa's library allows patrons access to 3D printing and video gear. In Toronto, you can use a "Print-on-Demand" machine for DIY bookbinding. The University of South Florida even lends out thousand-dollar drones.



Puissance des métiers

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Welcome to the new village square

Social media. Ottawa piercer knows first-hand how it feels to be at the wrong end of a comments section

NICHOLAS HODGE
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Social media users targeted an Ottawa man by criticizing his appearance in an act of public shaming witnessed by almost half a million people.

Eric Brown, a 21-year-old body piercer at the Rideau Street tattoo shop, Ink City, has body modifications including a split tongue, piercings and tattoos on his eyeballs. Dozens of Brown's photos were posted without his consent on the popular website Reddit

in a section normally reserved for gross-out images.

The pictures spread rapidly with more than 300,000 people viewing them within 24 hours of their appearance on Friday night. Around 6,000 comments have been posted. Some of the comments defended Brown but many took a nasty tone towards him.

"One dude's journey through gradually ruining his body," wrote one Reddit user.

"It must really suck to hate yourself that much," wrote another.

Brown was notified about the pictures by several friends shortly after they were posted on Friday. He spent the night reading through the comments on his computer.

"It was all hate comments," he said. "There were some really mean things but I

laughed it off."

According to Brown, he began modifying his body at the age of 18 when he split his own tongue. Eight months later he had horns implanted on his forehead and "it was all downhill from there."

A common opinion among the Reddit users was that Brown would never be able to hold a job because of the way he looks.

"Now he won't be bothered by those pesky job offers," said a comment with 1,500 up votes.

While his body art may or may not limit his opportunities should he decide to change careers, Brown is employed, performing body piercings and scarification for a living.

"I'm sitting here in a tattoo shop. Clearly I have a job," said Brown. "I've been here for two years now. I love it and I can't really do anything else."

Brown says he is aware of who posted the photos, a

graphic designer who is also from Ottawa. According to him, the individual was seeking popularity for his Reddit account. This is perhaps ironic considering the hundreds of comments accusing Brown of only wanting attention.

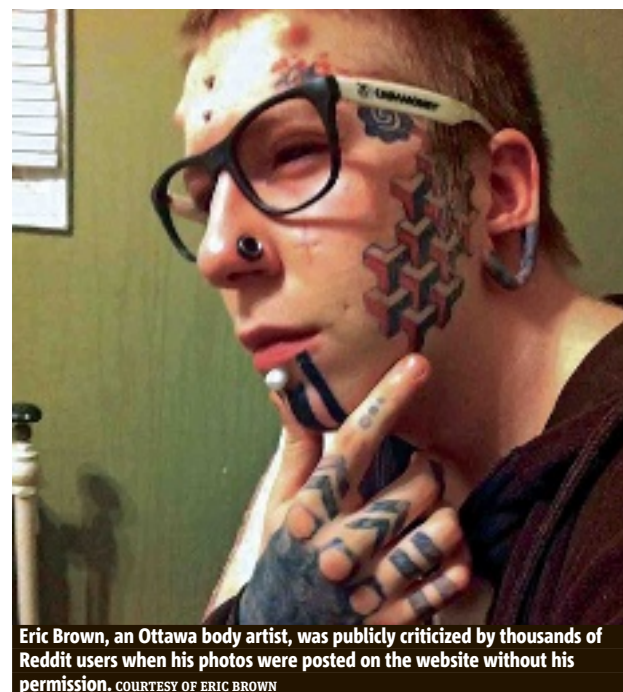
While a great deal of negativity was aimed toward Brown and the art of body modification in general, some Reddit users reacted to the photos with an open mind.

"If he found a way to be happy without hurting other people, more power to him," said one of the most highly rated comments on the page.

Quoted

"It must really suck to hate yourself that much."

A Reddit user commenting on photos of Eric Brown, a body piercer at Ink city



Eric Brown, an Ottawa body artist, was publicly criticized by thousands of Reddit users when his photos were posted on the website without his permission. COURTESY OF ERIC BROWN

'ONLINE SHAME AND BLAME' IN OTTAWA

Expert

An Ottawa social media expert is reminding Internet users to be careful with "online shame and blame" following two cases of Internet backlash.

Whether using social media for good (shaming Local Public Eatery's sandwich board sign) or evil (picking on Eric Brown's piercings), Ian Capstick of MediaStyle said the Internet is "not the wild west" of anonymity.

"We've seen many, many court cases now that have unmasked anonymous commentators and bullies that

have resulted in police charges against those individuals," he said. "What you do online is, in fact, real and has a direct implication on what you would call your real life."

The roughly 6,000 comments around Brown's body piercings were mostly on how he will never find a job or that he made a bad decision.

Capstick did not call this "cyber-bullying" — as Brown was not threatened — compared to cases like Amanda Todd and Rehtaeh Parsons, two teens who committed suicide over online bullying.

"People who pursue body modification are, to a certain degree, after social stigmatization," he said. "I don't think you make yourself look like that and

think, oh, gee, I'm going to make myself look like an everyday public servant or an accountant, unless you are the coolest accountant to the body modification community."

On Monday night, the Local Public Eatery in Lansdowne Park apologized after posting a sandwich board sign with a joke about women opening bottles of beer that many found offensive.

"It shows you the power of a crowd and that when you make an incredibly bone-headed mistake, people are going to jump all over it," he said.

However, Twitter can only go so far, he said. Now it's up to the restaurant to enforce rules around sexism in the workplace. **LUCY SCHOLEY/METRO**

When the Twitterverse implodes



This sandwich board sign outside Local Public Eatery at Lansdowne Park sparked social media outrage on Monday. IMGUR.COM

A pub at Lansdowne Park has apologized following a social media storm over a sexist sandwich board joke.

Local Public Eatery posted the sign with the following: "Q: How many men does it take to open a budweiser? A: None. The women should already have it open on the table."

On Monday night, the restaurant tweeted an apology:

"Just wanted to send out a message to apologize for what was posted outside the pub today. What was written was not funny or tasteful."

— LOCAL Lansdowne (@LOCALLansdowne)

That was followed by another apology:

"This message has been erased and will be followed up

with accordingly. Our deepest apologies to whoever we may have offended."

— LOCAL Lansdowne (@LOCALLansdowne)

Ian Capstick, a social media expert at MediaStyle, called it a "half-hearted" apology.

"Anybody who uses the word 'may' in the middle of an apology — they most certainly offended people," he said. "They should have probably even reached out to maybe a local women's shelter, a local women's organization or even Planned Parenthood Ottawa and said, 'We need some sexism training.'"

On Twitter, some were outraged about the joke:

"@LOCALLansdowne That message was absolutely shameful & the fact that someone

thought it was funny enough to post is disgusting. #not-myottawa"

— Amy Karlin (@amyin613)

They offered solutions: "I appreciate that. I still think Local should punish whoever was responsible but I respect open dialogue as well. @sylviehill"

— Chris Markevich (@cmarkevich)

Pub-goers said they would think twice about eating at Local Lansdowne:

"@CharleneBside Our office is moving to Lansdowne next month — you can be sure The Local Public Eatery won't be my regular lunch place."

— Mark Buell (@mebuell)

"@LOCALLansdowne I was excited to check out your restaurant. Was."

— Chris Plecash (@chrisplecash)

Some had their own jokes to add:

"Sexist sign outside #LocalPublicEatery is lame. But hey I guess that makes us women stronger in opening bottles?"

— On Closet Nine (@amira-mehailia)

Others had no problem with the sign:

"@LOCALLansdowne It was funny to me."

— AlBeast.Berube (@AlBeastBerube)

"@LOCALLansdowne Apology accepted. No big deal. I'll take heat for this but people need to chill. I know the ppl that work there. Good ppl."

— Andrew MacVicar (@DrewInOttawa)

LUCY SCHOLEY/METRO

NEWDRONEWORLD Metro looks at how drone technology is changing the skies in Canada / Wednesday—Droning becomes big business / Thursday—Officers aren't using drones to spy... yet / Friday—You can make friends with #droneselfies

The droning of a new era



Technology. Business applications for drones used to be strictly militaristic, but now the sky really is the limit



IRA LAMCJA
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Eight years ago, Dave Kroetsch couldn't find a buyer for his drones. The CEO and president of Waterloo, Ont.-based Aeryon Labs went door-to-door, pitching to police officers, power inspection companies, surveyors and more, but no one had any idea how drones could help their business.

"When we started this in 2007, no one even knew what a drone was," Kroetsch says. Drones had been used by the military, and some universities were doing experiments, but the average person hadn't heard of the new technology.

Fast forward to 2015, and drones are becoming an inevitable part of our lives. In recent years, as the technology has developed and prices have dropped, drones have become far more commonplace and are as varied as the applications they're used for — from toy drones for hobbyists to commercial drones used in farming.

Aeryon's heavy-duty drones are now deployed for industrial use. They have military applications, such as tactical awareness and surveillance, but are also used in public-safety initiatives, such as fire management, crowd control and search-and-rescue missions. That's in addition to their large-scale commercial applications, including pipeline monitoring and precision agriculture.

Prices drop, drones rise:

Stewart Baillie, chairman of Unmanned Systems Canada (USC), a non-profit promoting the drone industry, says interest in drones has increased in the past decade, partly due to increasing affordability. Twelve years ago, Baillie says, people were talking about drones for purely military purposes.

"The technology was very expensive and very difficult to use," he says, noting the regulations at the time were also difficult to navigate.

Battery, camera and GPS technology, as well as the smartphone revolution, "have come together at a great time," Kroetsch says. A simple Phantom toy drone from Dajiang Innovations (DJI) costs around \$1,000. A Parrot drone, used primarily for recreational purposes, retails for about half of that.

Transport Canada is also helping commercial drones get in the air. To keep the skies safe, it's working to ensure drone operators steer clear of commercial airplanes. To this end, Transport Canada authorities have differentiated between model aircraft, which don't need to be regulated, and Unmanned Aerial Vehicles (UAVs) or commercial drones.

A model aircraft is characterized as being under 35 kilograms and used solely for hobby purposes. To fly commercially, operators must apply for a Special Flight Operation Certificate (SFOC), detailing their safety and security plans, and have their drone insured.

In 2010, Transport Canada established a UAV Working Group to create rules ensuring operators are trained and that the drones meet safety standards. The same year, the agency issued just 66 SFOCs to individuals or businesses seeking to operate drones commercially. As of Sept. 15 of last year, Transport Canada had issued 1,020 such certificates.

Pies in the sky no more:

When it comes to uses for commercial drones today, the sky really is the limit. Retail giants such as Amazon are seeking approval in the U.S. to initiate outdoor research into drone delivery systems. Amazon's program, Prime Air, has an ambitious goal: getting a package into customers' hands via drone in 30 minutes or less.

Amazon is confident about it, too. The company declares on its website: "One day, seeing Prime Air vehicles will be as normal as seeing mail trucks on the road."

From dance duty to crop watch

Canadian businesses from across the country are getting creative with this technology



Surveying the lay of the land

Accuas Inc, a Salmon Arm, B.C., land-surveying company, is an early adopter, putting drones to use since 2007 to conduct aerial surveys and map terrain. The company uses drones in a number of industries in which land surveying is necessary but difficult, including agriculture, oil-and-gas and waste management.



And the award for best cinematography goes to ...

Kaspi Films, a small company based in the Greater Toronto Area, offers professional cinematography and photography services using drones. Among its projects, Kaspi has used drones for aerial photography of the Niagara Falls region and aerial video for a KFC commercial.



All part of the performance

In a recent Cirque du soleil performance entitled Sparked, a repairman's lamps come to life and enter a majestic dance with him. The lamps are, in fact, computer-programmed drones. "We thought it was very interesting to divert this object and bring poetry, magic, whimsy to it," said Welby Altidor, who was Cirque du soleil's project lead in creating Sparked. But the real magic came from the drones' computer programming, which synchronized all the movements, allowing for a fluid and harmonious flight.



Spying on future fries

McCain Foods has a drone equipped with cameras that capture a bird's-eye view of their potato crops in New Brunswick. In a joint project with Resson Aerospace, McCain operates the drone above its fields, and Resson takes the data and analyzes it to improve efficiency and assess crop health. The 2014 season was their second using a drone.

Gender inequality

Blog exposes restaurant sexism

Four Women's Studies students from the University of Alberta are so fed up with sexism in Edmonton restaurants that they have created an interactive blog that is exposing the shameful underbelly of the food industry.

The four created F.E.D. U.P. YEG (the acronym stands for Feminist Eatery Database Undercover Project), a website asking for stories of sexism, and say they have received several dozen responses from women.

One story on the site details how a manager in training at a male-focused restaurant chain was instructed to not hire any female staff he would not sleep with.

STEPHANIE DUBOIS/METRO IN EDMONTON

Freedom to protest

Activist criticizes anti-terror bill

Legislation such as Ottawa's proposed anti-terror bill would probably have put a quick end to Quebec's student uprising in 2012, says one of the movement's former leaders.

"From the moment people are suspected of terrorism or incitement to terrorism, the impact on the morale of people who are mobilizing is undeniable," said Gabriel Nadeau-Dubois, a former standard-bearer of the student movement.

He is adding his voice to those concerned with the extent of the powers that would be granted to intelligence agencies and police under the Conservatives' wide-ranging anti-terror bill.

THE CANADIAN PRESS

Income splitting

Tax plan not seen as replacing jobs

The parliamentary budget office has found that the Conservative government's new income-splitting tax plan may encourage some low-wage workers, especially women, to leave the workforce. But women across the country said the tax implication is not great enough to make up for a year's salary.

THE CANADIAN PRESS



Getting their green on for St. Paddy's

Tristan Smith, centre, and Keith Eldridge, right, laugh as they share a pint on Tuesday, St. Patrick's Day, at the Old Triangle bar in Halifax. Bars across Canada were packed for the annual Irish celebration. JEFF HARPER/METRO

Niqab. Tory MP forced to apologize for comments

Ontario Tory MP Larry Miller has been forced to apologize after suggesting that those who wish to wear a niqab while swearing the oath of citizenship ought to "stay the hell where you came from."

Miller made the comments on a radio call-in show Monday, saying he was baffled as to why the Federal Court overturned a ban on the wearing of niqabs during citizenship ceremonies.

"If you're not willing to show your face in the ceremony that you're joining the best country in the world, then frankly if you don't like that or don't want to do that,

stay the hell where you came from," Miller said.

The federal government is appealing the court decision and the prime minister has said he believes it goes against Canadian values to wear a full-face covering during a citizenship ceremony.

But on Tuesday, his office said Miller went too far. A spokesman said Miller's remarks were inappropriate.

"What the prime minister has stated is that we believe it is offensive that someone would cover their face at the very moment they want to join the Canadian family," Carl Vallee said in an email.

THE CANADIAN PRESS



The prime minister's office has forced Tory MP Larry Miller to apologize for remarks on niqabs at citizenship ceremonies. ADRIAN WYLD/THE CANADIAN PRESS

NDP leader blasts PM's gun remark

Firearms. Harper calls guns 'a tool' used by people who live far from police station

NDP Leader Tom Mulcair has called Prime Minister Stephen Harper irresponsible for encouraging people to arm themselves if they live too far from a police station.

Mulcair was referring to comments Harper recently made in Saskatoon, where he was questioned at a meeting of rural municipal leaders about the government's priorities in dealing with firearms.

"It's a tool that many people use in their lives, obviously in their livelihoods," the prime minister told the Saskatchewan Association of

Rural Municipalities.

"My wife's from a rural area. Gun ownership wasn't just for the farm, it was also for a certain level of security when you're a ways away from police, immediate police assistance.

"But also it's something people use for recreation and the vast, vast majority do so safely."

In Montreal on Tuesday, Mulcair accused Harper of "using the firearms dossier to divide Canadians."

"This time it's an attempt to divide the rural world from the world that lives in cities," he said.

The NDP leader added he was "quite astonished" to hear the prime minister tell people to use their own weapons to protect themselves.

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Netanyahu edges Herzog in close vote

Israel. Narrow margin casts doubt on who will form the next coalition government

Israeli Prime Minister Benjamin Netanyahu appeared to fend off a strong challenge from the country's opposition leader in parliamentary elections Tuesday, emerging from an acrimonious campaign in a slightly better position to form Israel's next government.

But with the sides nearly evenly divided, a victory by Netanyahu's Likud Party still was not guaranteed. His chief rival, Isaac Herzog of the Zionist Union, said he would make "every effort" to form a government, and an upstart centrist party led by a former Netanyahu ally-turned-rival was set to be the kingmaker. The country now heads into what could be weeks of negotiations over the makeup of the next coalition.

Both Netanyahu and Herzog will now compete for a chance to form a coalition that commands a majority in the 120-seat parliament. Netanyahu appeared to have a better chance

of cobbling together a government with right-wing and religious parties that he calls his "natural allies." Herzog would have to appeal to more ideologically diverse parties.

Either will likely need the support of Moshe Kahlon, whose new Kulanu party captured nine or 10 seats, according to polls. Kahlon's campaign focused almost entirely on bread-and-butter economic issues. He refused to take sides.

Exit polls on Israel's three main TV stations showed Likud and the Zionist Union in a near deadlock. Channels One and 10 gave Likud a 27-26 lead in the parliament, while Channel 2 gave Likud a 28-27 edge. The breakdown may change as final results pour in Wednesday.

Netanyahu or Herzog will have to court potential partners to secure a 61-seat majority. Both parties have ruled out forming a unity government with each other.

President Reuven Rivlin will spend the next few days consulting other parties on who should form the government. He will then ask either Netanyahu or Herzog to negotiate a coalition government.

THE ASSOCIATED PRESS



Israeli PM Benjamin Netanyahu greets supporters in Tel Aviv Tuesday night. Exit polls from Israel's election had Netanyahu's Likud Party and Zionist Union leader Isaac Herzog in a voting deadlock. ODED BALITY/THE ASSOCIATED PRESS



Students wage online push to remove statue

Students walk past a statue of British colonialist Cecil John Rhodes at the University of Cape Town near the city centre of Cape Town, South Africa on Tuesday. Last week, student protesters from the school tossed excrement at it, arguing the monument is a tribute to the white domination of the past. Students have organized a social media campaign called Rhodes Must Fall. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Brazil

Police defuse four prison rebellions

Police have quelled uprisings at four prisons in Brazil's state of Rio Grande do Norte, a law enforcement official said Tuesday. The Justice Secretariat believes the rebellions were co-ordinated by those belonging to an organized crime group. No deaths or injuries were reported. THE ASSOCIATED PRESS

Capital punishment

Pakistan executes 12 criminals

Pakistani officials on Tuesday executed 12 people in the country's single-largest day of executions since a moratorium on the death penalty was lifted in December, officials said. The executions are sure to raise concerns over due process and from human rights groups. THE ASSOCIATED PRESS

End of life

France approves bill to keep very ill patients sedated

France's lower house of Parliament approved a bill Tuesday that allows doctors to keep terminally ill patients sedated until death. The measure passed by a vote of 436 to 34. The bill now moves to the Senate. THE ASSOCIATED PRESS

Penn State

Police investigate fraternity over nude images

A fraternity at Penn State University has been suspended as police investigate allegations that members used a secret Facebook page to post photos of nude women, some of whom appear sleeping or passed out. THE ASSOCIATED PRESS

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VOICES

WHY DO WE DYE?

While we probably evolved to be attracted to colourful foods, some of the artificial tints in the products we buy might be harming our health



STEPHANIE ORFORD
readers@metronews.ca

We love our colourful food. And for good reason.

Our primate ancestors are thought to have evolved to see reds because it helped them identify the nutritious red-tinged fruits and foliage in their environment.

Today, however, colour dyes play on our evolved desires — often to our detriment. A pack of red licorice has all of the brilliance and none of the nutrition, aside from the sugar, of a pomegranate or a raspberry.

St. Patrick's Day saw drinks, food and even bodies of water dyed green. How much green beer did you drink last night?

Why are we still dyeing our products when there seems to be an increasing dislike of dye and fake colouring, particularly among Millennials? Dyes in foods and other products are often unhealthy and usually unnecessary, and we need to put pressure on companies to approach dyeing with a more critical eye and consider halting the practice altogether.

People have loved colouring their food and possessions throughout history, says Darren Dahl, professor of marketing at UBC's Sauder School of Business, who specializes in consumer behaviour.

"Colour can impact emotions, so it's a critical issue for companies to think about when they design their products," Dahl says. Many companies even hire colour consultants to keep them on trend.

Every time I buy dairy products, I



Much of the food and drink we ingest is dyed with artificial colouring. And while some dyes are innocuous, others, such as Red 3 used in glacé cherries, have been shown to cause cancer in animals. ALL PHOTOS: ISTOCK

have to spend a long time sorting through artificially orange cheese and yellow butter to find undyed versions, and they're often more expensive. I doubt most shoppers are aware how many of their foods contain dye.

For some products, the tides are turning. In response to a petition in 2013, Kraft started offering a naturally coloured version of its iconic bright-orange macaroni and cheese. Hawkins Cheezies should take note.

Children's products have also grabbed the spotlight, generating demand for dye-free baby products,

such as baby Tylenol. Other dyed products, such as butter, go largely unnoticed.

Ignorance seems to be bliss. People much preferred dyed to undyed cheese snacks, according to one Cornell University study.

"People ranked the taste as bland and said that they weren't much fun to eat," said Brian Wansink, a professor at Cornell University and director of the school's Food and Brand Lab. It's hard to say whether this reaction came about because the study participants were already intimately famil-

iar with dyed cheese puffs. To them, bright orange might have seemed more "natural" because that's what they were familiar with.

While Millennials and other demographics are increasingly buying products with more natural and organic-looking colours, they're still not the majority, says Dahl.

"There are a lot of people that just don't care," he says.

Evidence has been mounting that many common dyes in foods and other products are unhealthy — some outright poisonous.

Many studies have shown that Red 3, used in glacé cherries, causes cancer in animals. One 1997 study showed that it damaged the DNA in human breast cells. Numerous studies on microbes and rodents have shown that their DNA is damaged when exposed to Yellow 5, a ubiquitous dye used in original Kraft Dinner. Both pigments are permitted in Canada, the U.S. and Europe.

In January, a Consumer Reports study suggested the high levels of caramel colouring in some soft drinks was carcinogenic.

Dyes have been shown to cause behavioural changes, too. Seven years ago, the Center for Science in the Public Interest unsuccessfully petitioned the U.S. Food and Drug Administration to ban artificial food dyes because of their connection to behavioural problems in children, including ADHD.

Not all dyes are created equal, however. They're a rainbow of different compounds, some of which are totally innocuous. Not every dye causes cancer. Still, it's worth stopping to question why we eat dyes, use them in our clothes, cars and packaging and dump them into our environment. Do you need dye in your life?

If Canadians vote with their wallets, product makers will listen.

Companies will stop producing dyed products if society demands it, says Dahl. "If people aren't going to buy the products with the dyes, they will stop making them."

Stephanie Orford is a writer based in Vancouver.

Inclusive condos good, inclusive neighbourhoods better



KRISTEN THOMPSON
readers@metronews.ca

Something pretty amazing in the world of social outreach happened in Toronto last week, and it's caught the attention of homeless advocates across the country. A 106-bed shelter for women and children was slated to close at the end of March, but a developer stepped in and offered space in a boutique condo in a trendy neighbourhood.

The news was celebrated around the city, especially in the community of Leslieville, where 50,000 people signed a petition demanding the shel-

ter stay open.

This is great news on the surface and something all Canadian cities can learn from, says DJ Larkin, a lawyer with Vancouver rights group Pivot Legal Society. It proves that gentrification doesn't necessarily need to come at the expense of marginalized people.

But she says planners need to make sure mixed-income neighbourhoods still offer other affordable services for low-income residents, or else those residents will be pushed out regardless.

"It's not that development in itself is a bad thing," Larkin says.

"But trying to create these neigh-

bourhoods out of nothing, that are forced mix, can be problematic."

What she's talking about is the continued need for places like laundromats, drop-in centres, affordable grocery stores and supportive housing — establishments that historically disappear as neighbourhoods gentrify and begin attracting high-end businesses.

"Even if there's low-income housing and shelters, there are less services that people can access and afford," Larkin says. "You may have a roof over your head but you can't do your laundry, you can't buy the food in your neighbourhood, food banks may start disappearing."

Her case-in-point is Vancouver's Woodward's project — a massive development in the Downtown Eastside that mixes high- and low-income residences.

While it has become a new model for providing social housing in an upscale development, it has also helped push out affordable shops and usher in a new wave of expensive stores.

Larkin says it's encouraging to know that residents of Leslieville rallied behind the shelter and support having low-income residents in their neighbourhood. But she worries that residents haven't considered all the implications of living in a mixed-income neighbourhood, and that to be

truly inclusive, they need to advocate for all of the services that low-income residents need.

"Development is necessary, and we know it's going to happen," Larkin says. "It's a good thing ... to have community members with higher incomes advocate for (low-income residents). That's a really good starting place."

But her kudos comes with a caution: before municipalities take on more projects like this, let's do some research into how these developments affect the people we mean to help.

Kristen Thompson is a national editor with Metro News.



Big Brother is here

Third season. A jock, a plus-sized model, a self-appointed villain and a comedy writer vie for reality TV glory

Plenty of Big Brother houseguests have made a name for themselves by putting a proverbial foot in their mouth.

Big Brother Canada contestant Brittnee Blair, however, gamely inserts her entire fist in her mouth.

The curvaceous Calgary native displays her odd hidden talent while meeting with media in advance of the homegrown reality show's third season.

"Sure, why not?" Blair says when asked whether she'd perform the trick on the spot.

It's all about standing out, after all.

The 25-year-old plus-size model is among six reality show junkies Global has

announced for the series this year.

Others include Sarah Hanlon, 27, an aspiring comedy writer from Toronto; Zach Oleynik, 22, a varsity quarterback who's proud to be Regina's first houseguest; Calgary native Ashleigh Wood, 21; Bobby Hlad, 26, a rock climbing instructor from Oakville; and history student Jordan Parhar, 21, of Cloverdale, B.C., who has appointed himself Season 3's villain.

"Bring it on," says the slim, bespectacled, self-described nerd. "That's the beauty of Big Brother — everyone thinks they're the hero, but I am going into this game knowing I'm probably going to be the villain because I'm willing to do whatever it takes to win this game. I'm willing to lie, cheat and backstab out of my butt until I get to the end."

As resident jock, Oleynik expects to be an early target and

says he plans to hide his physicality until later in the game, a 24/7 challenge in which houseguests compete in a series of mental, physical and social competitions.

He admitted it'll be hard to stop from getting "right into the action," noting he's competitive by nature. "I was the guy that wanted to be on the student council and just represent people," Oleynik says. "I think that naturally I was always a leader on my sports teams and within school."

As for whether he has any tricks up his sleeve, there's a strong likelihood he'll be removing his sleeves — along with his entire shirt. "I'm someone who will probably roll around with my shirt off a bit," he admits. "But that's just who I am."

Others say they plan a more subtle game. Hanlon notes she's "always been a weirdo" but can also come across as goofy and loud. Her strategy is to play down her age and get people laughing.

At stake

- **Grand prize.** \$100,000
- **Gift card.** \$25,000 from The Brick
- **Trip.** Worth \$10,000

The third season of Big Brother Canada premieres Monday on Global.

"I come off really sweet and innocent and kind of like I maybe don't care about a lot of things too much, but I (do) deep down and so I'll do anything to win," says Hanlon, who said she'll tackle each day in the house like an improv class. More houseguests will be revealed Wednesday on ET Canada. This year, contenders will be housed in a newly renovated Big Brother Canada set outfitted with cameras and microphones to capture their every move.

THE CANADIAN PRESS

GOSSIP

Gabbana strikes back



NED
EHRBAR

Metro World News in Hollywood



In a followup interview with Italy's Corriere della Sera, Stefano Gabbana

is just plain shocked that Elton John is boycotting Dolce and Gabbana after their outrageous comments about gay parents having "synthetic" children. "I mean, you preach understanding, tolerance and then you attack others?" the designer says. "It's an authoritarian way of seeing the world. Agree with me or, if you don't, I'll attack you. I even posted the word 'Fascist!' on his Instagram."

Banks makes shocking revelations in Playboy interview

In Azealia Banks' Playboy interview, the rapper reveals that when she was 17, she dated a 43-year-old who physically abused her. "He choked me and beat me up, and of course you should not be f—ing with a man who puts his hands on you, but I was stupid and young." She also says she hates everything about America and wants to leave the U.S. "I hate fat white Americans," she says. "All the people who are crunched into the middle of America..."

EMILY LAURENCE/
METRO



From left: Sarah Hanlon, Jordan Parhar, Bobby Hlad, Zach Oleynik, Brittnee Blair, and Ashleigh Wood

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NOTICE OF ANNUAL GENERAL MEETING OF THE MEMBERS

The Annual General Meeting of the members of the Spark Street BIA will be held at Nate's Deli, 152 Sparks Street in the City of Ottawa on March 23rd, 2015 at 6:00pm.

For information, please call 613-230-0984



No Place to Hide is a documentary film that traces Rehtaeh Parsons' case from the alleged sexual assault to her suicide and the media storm that followed.
CONTRIBUTED

Mom and Me a personal take on homelessness

Other Canadian projects include Lena Macdonald's *Mom and Me*, an account of her longtime struggle to rescue her crack-addicted homeless mother from the streets of Toronto.

The 32-year-old says she started looking for her mom when she was about 14, tracking her through homeless shelters, back alleys and crack houses. She was 17 when she decided to put it all on film.

"Both of my parents had been filmmakers and my mom made films about things like prostitution and cocaine, so for me it was a way to make her proud and a way to connect with her," said Macdonald.

"It was also a way for me to distance myself and have some objectivity and sort of think, 'I'm not in this, I'm watching it.'"

It was a dangerous endeavour, but Macdonald credits the

homeless community with protecting and guiding her. Still, there were some very close calls, including a near abduction.

"I was really fortunate. There are so many mother-daughter pairs down there on the streets, mother-daughter prostitute pairs. I was so lucky that I had everybody looking out for me and I had pride and confidence and I did OK."

THE CANADIAN PRESS



Harriet & Lena CONTRIBUTED

Women have strong presence at Hot Docs

Documentary. Lineup features films by prominent directors like Rama Rau

Documentaries about bullied teen Rehtaeh Parsons and former Newfoundland and Labrador premier Danny Williams are among the high-profile titles heading to a Hot Docs festival bolstered by a record number of female directors.

Hot Docs president Chris McDonald says 40 per cent of the directors this year are women. That includes Rama Rau's *No Place to Hide*, about Parsons' heartbreaking case, and Kristina Goolsby and Ashley York's opening night film *Tig*, about comic Tig Notaro's defiant spirit and humour in the face of a cancer diagnosis.

Female filmmakers have always been prominent at the festival, but McDonald says this year they seem particularly strong.

"Technology has allowed documentary to be much cheaper, faster and easier-to-make film and I think maybe because there are fewer gatekeepers green-lighting films — gatekeepers who may be male in some cases, probably in most cases — it's a much more democratic process," McDonald mused.

Organizers announced a slate of 210 films from 45 countries Tuesday, many of them centred on comedy or music. That includes *Stay Awhile*, a portrait of the Canadian '70s pop group the Bells, who organizers said will reunite for a special performance 30 years after topping the charts.

THE CANADIAN PRESS

Quoted

"Talent rises to the surface and there's nobody there to determine, based on gender or other issues, who gets past the goalposts."

Chris McDonald, Hot Docs president

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3
LIFE

Orlando gets sophisticated

Florida. A city long associated with theme parks is experiencing a cultural boom thanks to the talented chefs and performers who call it home

Long derided as a cultural wasteland, Orlando's restaurant and performing arts scene has grown up in recent years, and it is starting to attract attention from American arbiters of taste.

Wine Enthusiast magazine recently named Orlando as one of the United States' top wine travel destinations, and The New York Times singled out the city's food scene when it placed the city at No. 13 on its list of 52 Places to Go in 2015.

The rankings barely mentioned what the city is best known for: theme parks.

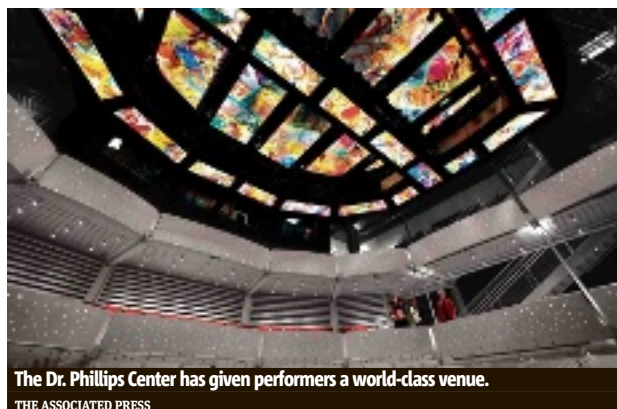
"Orlando was very synonymous, and still is, with the Mouse, and Disney, and people didn't really look outside of Disney," said James Petrakis, owner of The Ravenous Pig in the tony Orlando suburb, Winter Park. "Now with some of these newer restaurants, people are looking at some of the smaller suburbs outside Disney for a true local culture."

Adding to the buzz about the cultural scene: a new \$500-million performing arts centre downtown, and an international hunt for a new symphony conductor that's attracted some well-known names.

"We've gotten some national validation for things that we already thought were cool, but we thought they were cool just because it was something dif-



Wine Enthusiast magazine recently named Orlando one the top wine travel spots in the U.S. iSTOCK



The Dr. Phillips Center has given performers a world-class venue. THE ASSOCIATED PRESS

ferent for us. But now we know it's cool here and it would be cool if it were in New York or San Francisco," said Kamrin Rife, who, with her husband John and others, opened the East End Market. It houses a collection of artisanal bakers, coffee brewers, sushi chefs and a Basque restaurant.

Orlando always had a strong theatre scene, thanks to the many actors who work at theme parks, and also several acclaimed annual festivals, such as the Bach Festival of Winter Park and a fringe theatre festival. But the construction of the Dr. Phillips Center, financed partially with taxes

on tourists, gives the city a world-class venue for local performing arts groups and national touring acts.

lyn Rider, one of the best known and most cutting-edge string quartets around, and Mexican-American conductor Alondra de la Parra.

"All the candidates see the cultural community as on the cusp of something great," said David Schillhammer, executive director of the Orlando Philharmonic Orchestra.

Orlando used to be known as the chain-restaurant capital, a place where corporate restaurant companies would try out new concepts on the regular flow of tourists, and where every chain seemed to have planted a flag along the tourist corridor.

There always have been top chefs drawn to the kitchens at Walt Disney World, Universal Orlando and nearby resorts, but it has only been in the last decade that food entrepreneurs catering to locals have flourished, thanks to the low cost of setting up in Orlando, a vibrant food truck scene and the growth of local farms providing fresh meats and produce.

In the process, those gastronomical efforts have produced seven James Beard Best Chef of the South semi-finalists from central Florida in the past three years.

A decade ago, "the perception of Orlando was that there were a lot of chains and there weren't a lot of people taking risks, and there weren't a lot of restaurants trying to push the envelope or be different," Petrakis said.

"Now there is competition. There are a lot of young cooks who are getting good training. Now, they're pushing the envelope. There's getting to be so much competition now, that everyone is really trying to up their game. That's only going to generate better restaurants, service." THE ASSOCIATED PRESS

More accolades

- **Wise Bread.** A website dedicated to penny-pinchers, calls Orlando the top city for frugal foodies in the U.S.
- **Movoto.** A real estate blog, ranked Orlando America's No. 2 city for creative people.

on tourists, gives the city a world-class venue for local performing arts groups and national touring acts.

The hunt for a new musical director has led to sold-out shows as each of five finalists performs. Audiences get to vote for their favourite in what locals are joking is the classical music equivalent of American Idol. The finalists include Eric Jacobsen, a member of Brook-

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Don't be shellfish — share the shrimp

Recipe. Skillet Shrimp with Roasted Red Pepper Lemon Sauce is a nice alternative to typical weeknight meal options



DINNER EXPRESS
Emily Richards
food@metronews.ca

Many people like to save shellfish like shrimp for special meals or occasions.

The cost might not be within your dinner budget and that's understandable. If you're an avid grocery shopper, be sure to keep your eyes on the prices of those frozen bags of shrimp.

They do get reduced and because they are frozen they are great to have on hand.

Thawing them in the refrigerator in their bag in a bowl overnight is one of the best ways to thaw them so that their texture isn't af-



This recipe serves four. EMILY RICHARDS

fect. You can also choose from a variety of sizes — large, jumbo, colossal, medium,

smaller and baby shrimp as well. What you may want to look at is the number per pound on the bag to find out how many shrimp you will be getting.

I find the 21 to 25 count per pound is a great fit for families of four — everyone gets about six.

In this Skillet Shrimp with Roasted Red Pepper Lemon Sauce dish, the sauce comes together easily and it is a perfect supper to serve over rice or pasta.

The shrimp is equally delicious served on its own as an appetizer with some crusty bread to sop up the sauce.

If you want to change things up, try using scallops instead of shrimp or use a combination of both.

Directions

1. In a large non-stick skillet, heat oil over medium-low heat and cook garlic and chili flakes for 1 minute. Add roasted red peppers, parsley, lemon juice and capers, stir to coat and bring to boil.

2. Add shrimp and black pep-

Ingredients

- 1/4 cup (60 ml) extra virgin olive oil
- 3 cloves garlic, minced
- Pinch hot pepper flakes
- 1 cup (250 ml) diced roasted red peppers
- 1/4 cup (60 ml) chopped fresh Italian parsley
- 3 tbsp (45 ml) lemon juice
- 1 tsp (5 ml) drained small capers
- 1 lb (454 g) large raw shrimp, peeled and deveined
- Pinch fresh ground black pepper
- 3 cups (750 ml) cooked brown or basmati rice

FLASH FOOD

From your fridge to your table in 30 minutes or less

per; toss to combine. Cook stirring 5 minutes or until shrimp are pink and firm.

3. Spoon shrimp and sauce over rice to serve.

Health

More reasons to avoid excess salt

Even in the absence of high blood pressure, it's best to avoid excess salt for optimal heart, kidney, brain and vascular function, say researchers at the University of Delaware in the U.S. in a paper reviewing recent research and clinical data.

Excess salt can reduce functioning of the inner lining of the blood vessels, which plays a role in immunity and blood clotting.

It could hinder vasodilation — which is the widening of blood vessels — and impair the functioning of tiny veins, regardless of your blood pressure measurements, according to the researchers.

As far as the heart is concerned, salt could help you build up too much muscle in the wall of the heart's principal chamber, which leads to diminished pumping power. **AFP**

Celebration of horseradish

This recipe celebrates horseradish — not the sauce you find next to the roast beef at an all-you-can-eat buffet, but the actual root.

Technically, horseradish is a vegetable and has health benefits similar to its root vegetable cousins. But with its strong flavour, we typically use horseradish as a condiment.

In this recipe, a chimichurri sauce (with beet greens instead of herbs) gets spooned over roasted fish as it comes out of the oven. The heat will make the flavours in the sauce sing.

1. Heat oven to 400 F. Line rimmed baking sheet with kitchen parchment.

2. Use 1 tablespoon of oil to



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

brush over both sides of fish fillets, then season with salt and pepper. Place tilapia on prepared baking sheet. Bake until tilapia is no longer translucent, about 10 minutes.

3. Meanwhile, finely chop beet greens (you should have a little over 1 cup), and set aside.

4. In blender, place remaining 1 tbsp. of olive oil, lemon juice, vinegar, shallot, Worcestershire sauce and horseradish.

Blend until shallot is puréed, 10 seconds. Add beet greens to blender and pulse couple times, just to coat beet greens with vinaigrette. Add 2 tablespoons of water if mix is too dry. Pour chimichurri into a bowl and season with salt and pepper.

5. Once fish is cooked, place the fillets on serving plates, then spoon the chimichurri over the hot fish. **THE ASSOCIATED PRESS/MELISSA D'ARABIAN, AUTHOR OF THE COOKBOOK, SUPERMARKET HEALTHY**

Ingredients

- 2 tbsp olive oil, divided
- 1 1/2 lbs tilapia fillets
- Kosher salt and ground black pepper
- 1 bunch beet greens, washed thoroughly and dried
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- 1 shallot, roughly chopped
- 1 tsp Worcestershire sauce
- 1 to 2 tbsp grated fresh horseradish

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Productivity. Make the most of meeting minutes

A meeting request pops up in your calendar. "Oh great, another meeting," you think to yourself as you drag your feet to the boardroom.

People can often feel like work meetings are a waste of time, with colleagues talking in circles and repeating the same facts as previous weeks. Here are some tips to boost the productivity of your meetings:

Develop a meeting agenda

If you are the one who has called for the meeting, make sure you lay out an agenda of what needs to be covered. This will give the attendees an opportunity to prepare ahead of time for the meeting, which will likely result in higher productivity.

Come prepared

Don't show up for a meeting empty-handed. Take a look at the agenda and find out what you are required to bring to the meeting. Bring any information that people may ask you to provide from your department. Also, bring along any questions for other attendees

that you want answered.

Stay on task

Without an agenda or a mediator, a meeting can spiral off task pretty quickly. Assign one person to be the moderator of the meeting — they will be responsible for watching the clock and ensuring the team follows the agenda. As each topic on the agenda is discussed and answered, they will be responsible for checking it off the list.

Plan your next steps

What are the next steps that will need to take place after the meeting? End every meeting with an action plan.

Meeting minutes

At the end of the meeting, the moderator hosting the meeting should follow up with all attendees with the "meeting minutes," or key takeaways. Consider emailing these meeting minutes to all the attendees so they have it documented and available as a refresher.

LAUREN MARINIGH/TALENTEGG.CA

How to avoid communication breakdowns in the workplace

Tips. Get your points across in the most effective way possible

JINGWEI CHEN
TalentEgg.ca

Broken telephone is a fun game to play — but not so much in the world of professionals.

Miscommunications can lead to mistakes and poorly produced work, as well as sour relationships and workplace environments. Moreover, it can be time-consuming and difficult to correct the error, especially if you don't realize the other person misunderstood in the first place.

The following tips are applicable to more than the workplace, so keep these in mind for the future.

Don't beat around the bush
This goes for both conversa-

tions and emails. Start with the subject you wish to discuss, then elaborate.

For example, "I want to talk to you about taking two weeks off for vacation next month" would be a good way to start, then follow with "I have accumulated this many vacation hours and I want to check with you that the team will be fine while I'm away."

In emails, make sure the subject line is clear and specific.

Do your research beforehand

Don't start a conversation without knowing all the details.

For example, if you want to discuss attending a conference, know when and where it is, how much would it cost, and who will be attending.

This allows you to keep work conversations efficient.

This also applies to emails: if there is too much back and forth in an email, you risk burying important information in the chain.

Summarize

End conversations with a quick summary. For example, say "So just to make sure we're on the same page, you're going to research this and I'm going to draft the report due next week." If the other person was unsure about something during the conversation or forgot, this is a great way to clarify everything.

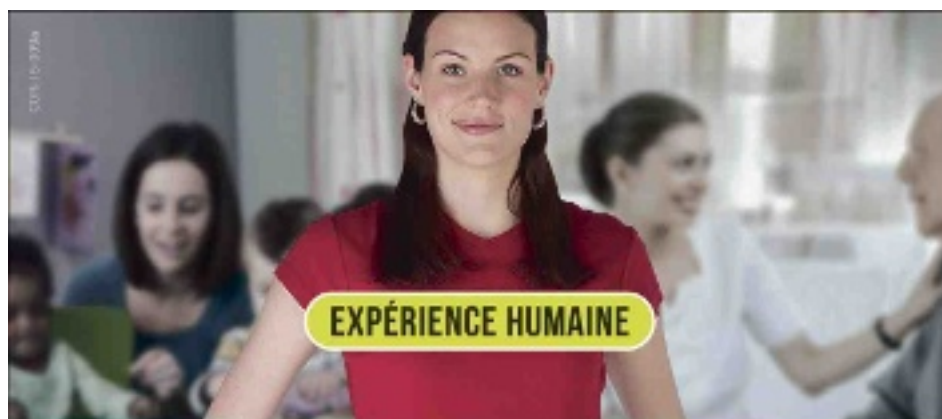


Co-worker didn't understand that emoji? Maybe you need to be a little clearer next time. ISTOCK

Write a follow-up email

Miscommunications are less likely to happen in written communication, since everything is documented and people are usually able to reread any info they missed. Not only will you have a record

to refer to later, it's helpful to summarize important meetings and conversations. Just a few bullet points will do. Make sure to send the email to everyone that would have attended the meeting, so if a colleague missed it, they will be updated.



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Senators defenceman Erik Karlsson upends the Hurricanes' Chris Terry during the first period on Tuesday night in Raleigh, N.C. KARL B. DEBLAKER/THE ASSOCIATED PRESS

Senators dodge a disaster in Carolina

NHL. 'Hamburglar' strikes again as Ottawa overcomes lowly 'Canes to stay in thick of race for playoff spot

Mark Stone scored the winning goal 4:46 into overtime, and Andrew Hammond became the second goalie in NHL history to allow two goals or fewer in each of his first 12 starts as the Ottawa Senators beat the Carolina Hurricanes 2-1 on Tuesday night.

Hammond (11-0-1) matched the record set by

On Tuesday

2

Senators

1

Hurricanes

- Ottawa hosts Boston on Thursday night in the critical opener of a four-game homestand. The Sens, with game in hand, trail the Bruins by four points in the race for the East's final wild-card spot.

Boston's Frank Brimsek, who also went 12 consecu-

tive games in 1938 without giving up more than two goals.

Hammond made 35 saves to outduel Carolina's Anton Khudobin, who stopped 31 shots but lost for the first time in six career appearances against Ottawa.

Elias Lindholm gave Carolina a 1-0 lead in the first period with his 15th goal. Patrick Wiercioch tied it in the second for Ottawa with his second.

The Senators are 12-1-1 since a 6-3 home loss to the Hurricanes on Feb. 16. Carolina also beat Ottawa 3-2 on Jan. 17.

The

Hurricanes led 1-0 after the first period despite being outshot 10-7.

Lindholm scored on a rush at 12:59 of the first, beating Hammond over the left shoulder with a drive from the top of the right circle. A cross-ice pass gave Jeff Skinner his 100th career assist.

The Senators outshot Carolina 16-6 in the second period and got even.

Wiercioch made it 1-1 with a power-play goal at 13:22, firing a one-timer past Khudobin from the top of the right circle. It came on the 37th assist of the season from Erik Karlsson, the NHL's top-scoring defenceman with 55 points. **THE ASSOCIATED PRESS**

Blue Jays in brief

Edwin expected to play in opener

Blue Jays slugger Edwin Encarnacion, who has been out for a week with a sore back, is "not concerned at all" about his readiness for Opening Day, general manager Alex Anthopoulos said Tuesday. "Because it happened at the beginning of spring training he's going to be able to get into game shape."

Encarnacion is expected to resume hitting drills this week.

TORSTAR NEWS SERVICE

Curling

Jones continues to roll in Japan

Canada's Jennifer Jones picked up two more victories Tuesday to remain tied in first place at the women's world curling championship.

The Winnipeg skip crushed Aileen Sormunen of the United States 10-2 in the early draw before topping Denmark's Lene Nielsen 8-7 in Sapporo, Japan. Jones hit a draw to the four-foot with her final throw in the 10th end to improve to 6-1.

"It was a grind from the very beginning, but it's nice getting games like that," said Canada lead Dawn McEwen. "It forces you to have to make more precise shots and winning that way is great."

THE CANADIAN PRESS

Over the Moon: CFL fetes its new commish

The league that blazed the trail for black quarterbacks in pro football now has its first black commissioner.

Longtime sports executive Jeffrey Orridge will take over the CFL's top job next month. He succeeds Mark Cohon, who stepped down in January after eight years on the job.

Orridge leaves his position as executive director of sports and general manager of Olympics at CBC to take the CFL helm, becoming the first black commissioner in major North American sports.

"I'm fully cognizant of

that and fully embrace it," Orridge said Tuesday in Toronto. "I'm very proud of where I've come from, my background, my heritage.

"I don't think of myself as a black sports executive, I don't consider myself the



New CFL commissioner Jeffrey Orridge
THE CANADIAN PRESS

black commissioner. I consider myself the 13th commissioner of the CFL with an obliga-

tion and responsibility to carry on and build on my 12 predecessors and all their work."

Growing up, the 54-year-old New York native remembers his father praising the CFL for allowing Warren Moon to play QB when no NFL team would.

Quoted

"That's why the CFL has always held a special place in my heart.... It was about opportunity and access and fairness." Jeffrey Orridge

"My father and I when I was growing up were watching a CFL game and he said to me, 'This is why I love Canada, Jeffrey,'" Orridge said. "I didn't quite understand and he pointed to Warren Moon and said, 'If you're qualified, if you're capable, if you deserve it you will get an opportunity in Canada and Canada is truly the land of opportunity.'"

Orridge has lived with his family in Canada since 2007, and the Harvard Law School graduate is soon to become a Canadian citizen.

THE CANADIAN PRESS

NFL. Borland retires: Football not worth risk

Wary of head trauma, San Francisco 49ers linebacker Chris Borland is leaving football. And not even the promise of NFL stardom and piles of money could change his mind.

So now, after one stellar rookie season, he is retiring at age 24.

The 49ers announced his decision Monday night, without offering specifics. But Borland told ESPN's Outside the Lines earlier in the day he wants to do "what's best for my health."

Borland had a team-leading 108 tackles as a rookie, emerging as a punishing defender. He also had a sack and two interceptions.

"From what I've researched and what I've experienced, I don't think it's worth the risk," Borland said in the interview. "I feel largely the same, as sharp as I've ever been. For me, it's wanting to be proactive. I'm concerned that if you wait till you have symptoms, it's too late."

Team general manager Trent Baalke said the team was surprised by his move and called Borland a "consummate



Chris Borland AL BELLO/GETTY IMAGES

professional."

Borland's big announcement comes less than a week after five-time All Pro linebacker Patrick Willis walked away from football. Borland replaced Willis in the starting lineup after his October toe injury required surgery.

The NFL, like the 49ers, said it respects Borland's decision, adding that "playing any sport is a personal decision." The league stressed that "football has never been safer," noting progress with rule changes, tackling techniques, equipment, protocols and medical care. **THE ASSOCIATED PRESS**

Cycling

Armstrong urged to drop charity ride

International Cycling Union president Brian Cookson urged Lance Armstrong on Tuesday to abandon "disrespectful" plans to ride part of the Tour de France route a day before the professional peloton. The disgraced cyclist responded by insisting he was "honoured and humbled" to be invited on the unofficial charity ride.

THE ASSOCIATED PRESS

Soccer

Police chief takes responsibility for death of 96 fans

David Duckenfield, the police commander in charge of the Hillsborough soccer stadium on the day of the 1989 disaster, says his failure to close a tunnel was the "direct cause" of the deaths of 96 fans. New inquests are being held after the original verdicts of accidental death were overturned. **THE ASSOCIATED PRESS**

Monaco marches past Arsenal on aggregate

Champions League.

Gunners' barrage leads to win in second leg but not enough to make up for home loss

Round of 16

Atletico beats Bayer on penalties

Atletico Madrid beat Bayer Leverkusen 3-2 in a penalty shootout on Tuesday to reach the quarter-finals of the Champions League.

The match finished 1-1 on aggregate after extra time, with Atletico avenging its 1-0 defeat in Germany in the first leg of the last 16 contest with a 1-0 victory on the night.

Mario Suarez scored in the 27th minute.

Level at 2-2 before the final two penalties of the shootout, Atletico's Fernando Torres made no mistake from the spot, but Leverkusen's Stefan Kiessling sent the final kick over the bar.

THE ASSOCIATED PRESS

Monaco withstood Arsenal's onslaught to reach the quarter-finals of the Champions League despite a 2-0 home defeat on Tuesday, advancing on the away-goals rule after drawing 3-3 on aggregate.

Following a humiliating 3-1 defeat at the Emirates two weeks ago in the first leg of the last 16, Arsenal needed to score at least three times to become the first team in the history of the Champions League to progress after losing at home by a two-goal margin.

Olivier Giroud gave Arsenal some hope when he broke the deadlock in the 36th minute. Substitute Aaron Ramsey then ensured a nervy finish with a clinical finish into the bottom corner from Layvin Kurzawa's poor clearance in the 79th.

"We've always gone out to Bayern Munich and Barcelona at this stage but, no disrespect to Monaco, we thought we'd have a good opportunity to qualify. But we gave ourselves a tough test from the first leg," Ramsey said. "It's nearly again, but it's not enough."

Arsenal dominated all aspects of the game at the Stade Louis II to overrun the best defensive team in Europe with a dazzling attacking display. It was a complete contrast to the Londoners' lacklustre performance in the first leg that sealed their fate.

"At 2-0 down, it was really

hot. I was constantly looking at the clock on the giant screen but the minutes passed very slowly," Monaco midfielder Nabil Dirar said. "We tried in vain to catch them on the break. Our football might not be enjoyable to watch, but we are a real team, we are united."

Monaco, the 2004 runners-up, made it to the quarter-finals for the third time. There will be two French clubs in the last eight for the first time in five years after Paris Saint-Germain ousted Chelsea from the competition last week.

THE ASSOCIATED PRESS



Monaco midfielder Jeremy Toulalan, front, vies with Arsenal's Aaron Ramsey during a Champions League match on Tuesday in Monaco.

VALERY HACHE/AFP/GETTY IMAGES

We need to talk.

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10am-1pm

1310 News
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2015 Dodge Durango

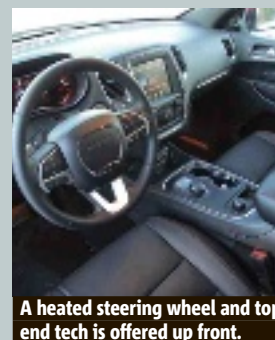
- **Type.** Five-door, AWD, midsize SUV
- **Engine.** 3.6-litre V6 (290-295), 5.7-litre V8 (360)
- **Transmissions.** Eight-speed automatic
- **Base/as-tested price (incl. destination).** \$44,295/\$60,580

Market Position

- Positioned at the more off-road capable end of the midsize SUV spectrum.
- As a brand, Dodge is trying to become performance oriented, and more desired by younger buyers.
- One of the few midsize SUVs available with a big V8 for even more towing and hooligan possibilities. Also so far the only vehicle endorsed by Ron Burgundy.

Notable Features

- Optional HEMI V8 features FuelSaver MDS, which deactivates 4 cylinders when full power not required.
- Standard third-row seats. Second row can be optioned with heated seats.
- Available with Chrysler's biggest and brightest 8.4-inch touch-screen display.
- New modern-looking front with LED daytime running lights.



A heated steering wheel and top-end tech is offered up front.

Points

- Current generation debuted in 2011, on the new Jeep Grand Cherokee platform, with a major mid-cycle update completed for model-year 2014.
- Heavy speculation that Chrysler will discontinue Durango after 2015 model year, even though recent and attractive update a hit with lots of buyers, particularly in the U.S.

Durango is a soulful performer

Review. Big HEMI V8 makes this Dodge a smooth, enjoyable ride

MIKE
GOETZ
drive@metronews.ca

Dodge brand is earmarked to concentrate in the future on cars and crossovers with an edge, leaving the serious SUV thing to Jeep.

With the Durango being the Dodge version of the Jeep Grand Cherokee, it looks like Durango might be the odd man out in a future Dodge product plan shakeout. So the Durango could possibly disappear from the lineup in a year or two. All the more reason to experience Durango while we can, and if you're going to do that, you might as well do it with a HEMI V8 aboard; a transformative power plant if there ever was one.

The HEMI's 360 hp and 390 lb-ft of torque basically turn anything into a supremely effortless and smooth cruiser on the highway, and supremely entertaining urban assault vehicle.

As with Durango's other power plant (the 3.6-litre V6),



PHOTOS: MIKE GOETZ

the HEMI is hooked up to Chrysler's new eight-speed automatic transmission. With all those gears and the HEMI's FuelSaver MDS system — which deactivates four cylinders when full power is not required — a modicum of fuel efficiency is delivered from the big V8. Transport Canada rates it at 17.3 L/100 km City, and 11.5 L/100 km Highway.

The HEMI is the exclusive engine for Durango R/T (our test vehicle), which sits atop of the Durango range. R/T models just sneak in under \$50,000 (excluding destination charge),

but our tester also had all the fancy safety systems, a rear DVD system with two screens, rear captain chairs, tow package, leather, and Chrysler's top-shelf Uconnect infotainment system, with the big 8.4-inch touch screen, to ring in at an impressive \$60,680 (including destination).

That's a big ticket, but this Durango R/T is not wanting for anything, and offers a true luxury experience — in a brand not normally associated with luxury.


Steering feels a bit too over-assisted for our tastes, and


while the Durango goes where it's pointed eagerly, it does so with a slight bit of body roll. Competitors seem to have a bit more body control.

The other item where competitors might have an edge is in interior packaging. While the Durango's cargo volume is probably more than enough for most people, some of the new same-size crossovers do carve out more interior space.

Durango's third row is pretty much like all third rows; great for kids and temporary travelling, and that's about it.

Compare


1 Toyota 4Runner
Base price: \$40,750 Real
4x4 capability, but feels dated


2 Nissan Pathfinder AWD
Base price: \$34,418
More crossover than SUV

But up front, in the driver's perch, and in the two great captain chairs in the second row, life is good. Lots of soulful power. A very high-end feel, with leather and top-end tech, like adaptive cruise control and heated steering wheel. An infotainment system that you can actually figure out. A commanding view of road. And knowing you're driving a very handsome truck, resplendent with 192 LEDs in the taillights and projector headlamps and LED daytime running headlamps at the other end. A cool, big fast red thing.


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5 DRIVE

Geneva Motor Show: What we learned

The shape of cars to come. Geneva gave us a glimpse into the auto world's best and brightest

Geneva is dubbed the auto show for the one per cent for good reason.

It is here more than at any other event on the automotive calendar that the world's most exclusive brands decide to showcase their latest wares.

However, alongside this automotive exotica, a host of mainstream motors big and small were unveiled. Showcasing both the exciting and practical, this year's show was one of the most inclusive in recent memory and as a result offered clear insight into the trends, functions and features that will be driving the industry forward over the coming years.

The supercar market is on track

The McLaren 675LT, Porsche 911 GT3 RS and the Aston Martin Vantage GT3 all made breathtaking debuts at this year's show and each is a car designed for track-day racing rather than boulevard cruising. As McLaren's chief test driver Chris Goodwin explained of the 675LT, it is a car built to be driven to a track, round the track and then back home again.

In other words, it would be impossible to live with as a daily driver. McLaren and Aston Martin took things one step further, unveiling cars that were track only and therefore illegal for road use.

The need for speed is universal

Alongside supercars, there was a raft of hot hatchback unveilings, most notably the new Ford Focus RS and the Honda Civic Type R, both of which boast phenomenal performance, but can and will be used as everyday cars.

During its unveiling, Jim Farley, Ford's executive vice-president and president Europe, Middle East and Africa, said of the Focus: "It's our mission to make performance accessible to as many people as possible."

He also promised that 12 performance models to suit all budgets were heading for European Ford dealerships.



The 675LT was one of a number of track-focused supercars making its debut. MCLAREN/AFP



Ford says the new Focus RS is a glimpse into the future. FORD MOTOR COMPANY/AFP



Even Aston Martin has accepted that the crossover is popular. ASTON MARTIN/AFP

Design

Interior beauty

Nothing came close to Serenity, a one-off Rolls-Royce Phantom with a hand-woven, hand-dyed, hand-embroidered and hand-painted silk interior, even though Mercedes made a huge effort. The German company unveiled the Maybach Pullman, which, at 6.5 metres from nose to tail, is the longest production car in the world, designed to seat two rear-seat passengers in absolute fully reclining luxury.



This silk lined Rolls-Royce Serenity has raised the bar in terms of what is possible in terms of craftsmanship. ROLLS-ROYCE MOTOR CARS/AFP

Luxury has no limits

As well as speed, comfort was high on the list on most stands.

Ford introduced the new Titanium X specification for a number of models at the show, which takes creature comforts and cabin materials up to a new level for mass-market cars, and also showcased the Vignale sub brand that will offer clients bespoke levels of service and huge personalization choices for a new car.

Everything crosses over eventually

Geneva was big for SUVs and crossovers. Renault showcased the family-friendly Kadjar, which wants to offer an alternative to the Nissan Qashqai; Mazda's CX-3 wants to be a more esthetically pleasing alternative to the Nissan Juke and Renault Captur; and Seat's 20V20 concept will be competition to all of these when the production model launches in 2016.

Geneva also saw a refreshed Range Rover Evoque and the confirmation that a convertible version is in the works but the biggest surprise in terms of off-roaders came from Aston Martin with its DBX concept that signals that nothing is immune from the crossover treatment.

Boutique brands are booming

The increasing crossoverfication of the industry highlights the fact that most companies are now part of larger groups that share platforms and technology.

The Renault Kadjar and Nissan Qashqai share many of the same components, for instance, and often it's just exterior design flourishes that separate an elevated Audi from a VW crossover or SUV.

Yet despite this homogenization, tiny independent marques are still performing.

Niche British company Morgan showcased a new Aero 8 flagship model, coachbuilder Touring Supersleggera wowed the crowds with its bespoke take on a Ferrari F12 Berlinetta — and Swedish supercar firm Koenigsegg unveiled two new models, one of which, the Regera, boasts over 1800bhp, a hybrid drivetrain and no traditional form of transmission system.

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[illegible]

Carmakers want to clean up diesel's image

United Kingdom. Campaign hopes to clear up misconceptions about diesel's green credentials

They're more expensive to buy, but the new diesel-engine cars are cheaper to run, offer better fuel efficiency than gas-run or even many hybrid cars, and, thanks to a number of

upgrades, have also become less sluggish, quieter and kinder to the environment.

Yet despite ongoing popularity in the region (55 per cent of new cars sold in Europe are diesels) they're still perceived by many motorists as adding to rather than reducing pollution.

So much so that the U.K.'s Society of Motor Manufacturers and Traders (SMMT) has launched a U.K.-wide cam-

paign, backed by Ford, BMW, Jaguar and Volkswagen, to dispel misconceptions and underline the role that cleaner diesel engines have in hitting future clean-air targets.

"Diesel cars produce, on average, 20 per cent less CO₂ than equivalent petrol cars and so have a vital role to play in helping to arrest climate change," said Graeme Grieve, CEO of BMW Group UK.

There is no debating that a

well-maintained and serviced diesel engine burns less fuel than a gas engine with the same displacement.

But there is also no debating that diesel engines release more potentially harmful nitrogen oxides (NO_x). To counteract this, the latest diesel cars have special particulate filters but usually take up to five kilometres of travel to start working at an optimum level. **AFP**



Many motorists perceive diesel engines as bad for the environment. **AFP**

Autobahn for All Sales Event

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Ya!



Highline model shown

2015 Jetta 2.0L Trendline

Monthly lease starting from the equivalent of

\$69 bi-weekly for 48 months† **1.9%** APR
Includes \$1,000 discount** \$1,298 down payment



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*Limited time finance offer available through Volkswagen Finance, on approved credit based on a new and unregistered 2015 Jetta 2.0L Trendline base model with 5-speed manual transmission. Base MSRP of \$16,595, including \$1,605 freight and PDI, financed at 0% APR for 36 months equals 78 bi-weekly payments starting from \$188. \$952 down payment due at signing. Cost of borrowing is \$0 for a total obligation of \$15,595 (price after \$1,000 discount). PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **\$1,000 discount on MSRP available on cash purchase, finance or lease of new and unregistered 2015 Jetta 2.0L Trendline models. Discount varies by model. Offer cannot be combined with any other offer not shown in this ad. †Lease payments of \$150 on the Jetta must be made on a monthly basis and cannot be made bi-weekly. Bi-weekly payment amount shown includes \$1,000 discount. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Jetta 2.0L Trendline base model with 5-speed manual transmission. \$1,605 freight and PDI included in monthly payment. 48-month term at 1.9% APR. \$1,298 down payment, \$200 security deposit and first monthly payment due at lease inception. Total lease obligation: \$8,474. 64,000-kilometre allowance; charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ‡2015 Volkswagen Jetta 4 DR FWD received a 5-star overall rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. §The 2015 Jetta was awarded a Top Safety Pick from the IIHS (Insurance Institute for Highway Safety). To qualify for a Top Safety Pick, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, as well as a good or acceptable rating in the small overlap front test. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end March 31, 2015 and are subject to change or cancellation without notice. Model shown: 2015 Jetta 1.8T Highline, \$25,990. Vehicle shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Jetta" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.

Technology. Opel's got a bright idea for headlights

A host of modern premium cars already sport adaptive headlamps that can track and move in sync with steering wheel movements. Opel's concept is focused on the driver instead.

The idea is simple: a headlamp that focuses its beam on what the driver is focused on. The concept is not far away from becoming a reality, even if getting there is complex.

"We've been pursuing this concept of controlling the direction and intensity of light based on where the driver is looking for around two years. The more we understand the benefits of this technology, the more intensively we push ahead with our joint project," says Ingolf Schneider, Director of Lighting Technology at Opel.

Faithfully tracking movements across all axes normally requires multiple sensors or cameras in order to measure depth as well as direction.

However, Opel is developing a system that uses a single camera, meaning that it would be cheap enough to introduce across the company's entire vehicle range.

The camera is equipped with an infrared sensor and tracks movement around the nose and eyes 50 times a second, and this information is used to move the motorized headlamps.

However, our eyes are con-

stantly flitting around and refocusing on the things we see, whether walking down the road or driving along it at night. Transferring this constant movement to the headlights could be like a strobe light at a nightclub.

"To overcome this problem, we have successfully developed a sophisticated delay algorithm which ensures a suitably flowing movement for the light cone," says Schneider.

"Another major benefit is that the eye-tracker doesn't have to be individually calibrated for a particular driver. The system works perfectly with anyone behind the wheel, no matter what their size."

To ensure safety, a separate beam of light continues to shine in the car's direction of travel, regardless of where the driver is looking.

The Citroen DS, which celebrates its 60th anniversary this year, was the first car ever to feature dynamic headlights that moved with the steering wheel in order to illuminate the corners and the bends.

While other companies have since taken the concept and modernized it with motors and sensors — Citroen's system used rods attached to the steering wheel at one end and the lights at the other — that's about as far as headlight technology moved in the 20th century. **AFP**



Eye-tracking technology from Opel illuminates what the driver is looking at, as well as the road ahead. **OPEL/AFP**

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GT model shown



GT models shown



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PER DAY

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▼ Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. *Signing Bonuses are available on retail cash purchase/finance/lease of select new, in-stock 2014/2015/2016 Mazda models from March 3 - 31, 2015. Bonus amounts vary by model. \$500 Signing Bonus applies to all 2014 Mazda2, all 2014/2015 Mazda3, all 2014/2015 Mazda5, and all 2015/2016 Mazda6 models. \$750 Signing Bonus applies to all 2015/2016 CX-5 models. Maximum \$1,000 Signing Bonus only available on all 2015 CX-9 and all 2014/2015 MX-5 models. Signing Bonus will be deducted from the negotiated price before taxes. See dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. †0% APR Purchase Financing is available on select new 2015 and 2016 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of \$17,251 (includes \$500 Signing Bonus) for the new 2015 Mazda3 GX (D4XK65AA00) with a financed amount of \$18,000, the cost of borrowing for a 36-month term is \$0, monthly payment is \$500, total finance obligation is \$18,000. Offer includes freight, P.D.E. and fees. Offer excludes HST. ‡Offer available on retail leases of new 2015 Mazda3 GX (D4XK65AA00)/2016 Mazda6 GX (G4XL66AA00)/2016 CX-5 GX (NVXK66AA00) with a lease APR of 0.79%/2.49%/2.99% and 78/104/104 bi-weekly payments of \$79/\$139/\$135 for 36/48/48 months, the total lease obligation is \$6,591/\$16,476/\$15,188, including down payment of \$395/\$1,995/\$1,195. As shown, Offered Pricing for new 2015 Mazda3 GT (D4TL65AA00)/2016 Mazda6 GT (G4TL66AA00)/2016 CX-5 GT (NXTL86AA00) with a lease APR of 0.79%/2.49%/2.99% and 78/104/104 bi-weekly payments of \$156/\$188/\$192 for 36/48/48 months, the total lease obligation is \$12,534/\$21,596/\$21,121, including down payment of \$395/\$1,995/\$1,195. Lease payments include freight and P.D.E. of \$1,695/\$1,695/\$1,895. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. Lease offers include \$500/\$500/\$750 Signing Bonuses. Offers exclude HST. Offered leasing available to retail customers only. Licence, insurance, dealer administration and other fees, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid March 3 - 31, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.



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\$298 LEASE PAYMENT FOR 24 MONTHS* \$3,726 DOWN* 0.9% LEASE RATE*	WELL EQUIPPED FROM \$31,276*	 MODELS EQUIPPED WITH EYESIGHT®
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▲Ratings are awarded by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To qualify for 2015 TOP SAFETY PICK+, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests; a good or acceptable rating in the small overlap front test; and an advanced or superior rating for front crash prevention. The 2015 TOP SAFETY PICK+ designation applies only to 2015 Legacy/Forester/Outback models equipped with optional EyeSight® technology. *MSRP of \$24,795/\$25,995/\$29,295 on 2015 Legacy 2.5i (FA2 BP)/2015 Forester 2.5i (FJ1 X0)/2015 Outback 2.5i (FD2 BP). Lease rate of 0.5%/0.5%/0.9% for 24 months. Monthly payment is \$248/\$268/\$298 with \$3,276/\$2,939/\$3,726 down payment. Option to purchase at end of lease is \$17,699/\$18,023/\$20,214 with \$3,983/\$3,624/\$4,548 due on signing. Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,595 on 2015 Legacy; \$1,650 on 2015 Forester & 2015 Outback), Air Tax (\$100), Tire Stewardship Levy (\$27.15), OMVIC Fee (\$5), Dealer Admin (\$199), Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. Models shown: 2015 Legacy 2.5i Limited Package (FA2 LP) with an MSRP of \$31,195. 2015 Forester 2.5i Touring Package (FJ1 TP) with an MSRP of \$29,995. 2015 Outback 2.5i Limited Package (FD2 LP) with an MSRP of \$35,895. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at \$0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available, down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until March 31, 2015. See your local Subaru dealer for complete program details.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Today's Mercury-Neptune link means that trust is something you can give but there is no guarantee it will be repaid.

♉ Taurus

April 21 - May 21

The planets make it easy to confront the negative aspects of your personality now, so face them and overcome them.

♊ Gemini

May 22 - June 21

If your instincts tell you that what you are being asked to go along with is not a good idea then make your excuses and don't get involved. It may make you unpopular but better to be unpopular than be broke.

♋ Cancer

June 22 - July 23

Decide what your number one priority is going to be and stick to it. The planets warn you could easily find yourself talked into doing things today that don't do you any favours at all.

♌ Leo

July 24 - Aug. 23

Someone will annoy you today by saying something that isn't true. According to the planets they are trying to get you to overreact so they can use your words and actions against you.

♍ Virgo

Aug. 24 - Sept. 23

With Mercury, your ruler, overshadowed by Neptune today be careful when dealing with others, especially if they flatter you because that means they are after something.

♎ Libra

Sept. 24 - Oct. 23

Tread carefully when dealing with partners over the next 24 hours because even little things may set them off. The last thing you need now is to spend time trying to calm them down.

♏ Scorpio

Oct. 24 - Nov. 22

The only danger today is that in your desire to prove that you are original in your thinking you will come up with ideas that won't work. Stay practical.

♐ Sagittarius

Nov. 23 - Dec. 21

By all means do something dramatic today, but make sure it isn't something that is going to damage your reputation. Know where the line is and be smart enough to stay this side of it.

♑ Capricorn

Dec. 22 - Jan. 20

You may not be in the mood to compromise but you are going to have to, especially on the home front where loved ones can dig in their heels just as effectively as you.

♒ Aquarius

Jan. 21 - Feb. 19

If there is something you don't want the world to know about, don't let even your best friend in on the secret. Once you tell one person it won't be long before everyone knows.

♓ Pisces

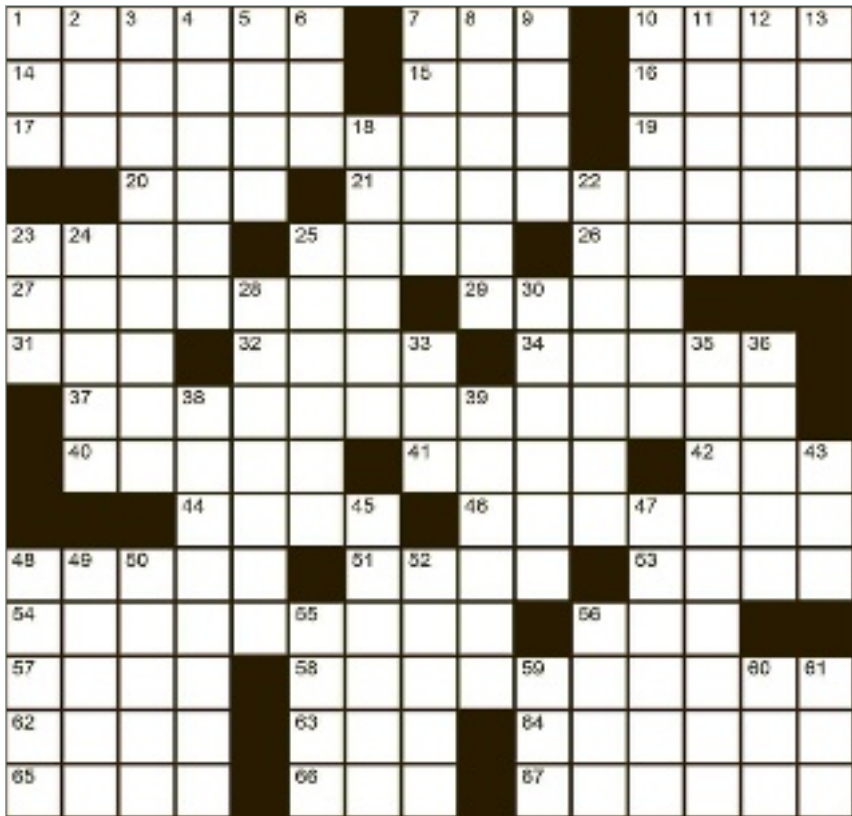
Feb. 20 - March 20

Mercury linked to Neptune in your sign means there is no telling how a gamble will work out. Why risk it?

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Soldier's ID: 2 wds.
7. Scand. land
10. Advanced math course, briefly
14. 1588 Spanish fleet
15. Biblical liquid measure
16. Racetrack shape
17. "The ____" by Stompin' Tom Connors
19. ____ ' War (Legendary race-horse)
20. Red Chamber fig.
21. Fossil which is Alberta's official stone, ____ wood
23. "____" sure you know..."
25. ____ Rebellion (Early-1840s insurrection in Rhode Island)
26. Common ailments
27. Look upon with contempt: 2 wds.
29. Flanders river
31. Vertical opp.
32. Soon, to Shakespeare
34. ____ if everything is okay
37. "One Tin Soldier" by Canadian group The ____
40. Aunt: French
41. Amphibians/reptiles sci.
42. Harem room
44. Herb type
46. WKRP employee Les
48. Trojan War site,



poetically

51. Two peas in ____
53. Hue
54. Air Canada customer
56. Ms. Taylor, for short
57. Card game
58. Hamilton-born

star of CBC's "Schitt's Creek": 2 wds.
62. Mr. Epps
63. Beethoven's "Minuet ____"
64. Menu meal
65. US ____ of State
66. Bon Jovi's "____ Your Hands on Me"

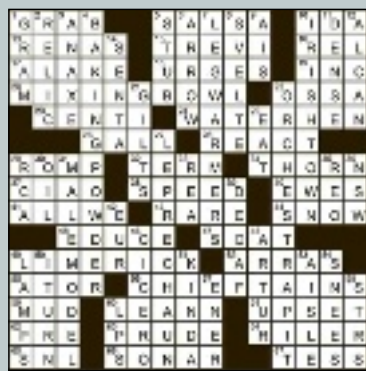
67. Does better than F
- #### Down
1. Morse Code bit
 2. ____Medonte (Ontario township)
 3. 2015 ____ 1500 pickup truck
 4. "I want to go, too!": 2 wds.

5. Toronto-born actor Mr. Young
6. Marcia Harden link
7. Horse footwear fitter, say
8. Like pre-Spring weather
9. Tech sch. grad
10. Says "There, there

now."

11. Help
12. Divided as highways
13. Lummoxes
18. Really right: 2 wds.
22. AHL team in St. John's, Newfoundland
23. Cigar stuff
24. Snob
25. Son/co-star of #58-Across
28. Scott Joplin music style
30. Hallowed
33. Nope
35. Some perfume bottles
36. Type of car
38. Manufacturing
39. Edgar Allan Poe poem
43. Sandy hill constructor
45. "____ Beach: The Real Orange County"
47. Big top props
48. Polls/surveys conductor, ____ Reid
49. "Flower Duet" opera by Leo Delibes
50. Hanson member
52. Singer Ms. Lee
55. Playwright Mr. Simon
56. Ms. Horne
59. Himalayas land [abbr.]
60. "Rubber Ball" singer Bobby
61. Go-ahead response

Yesterday's Crossword



Online

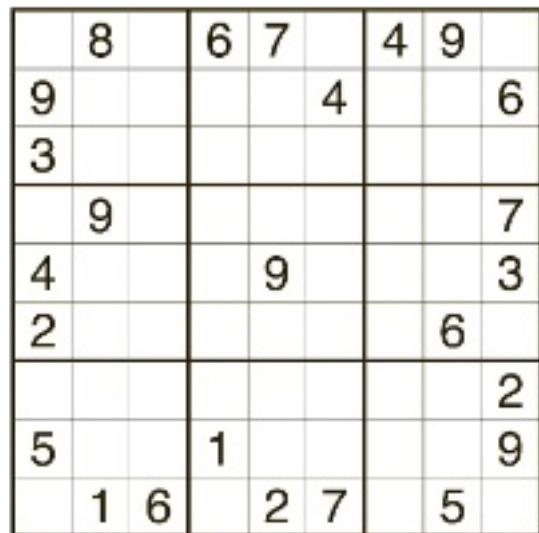
See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

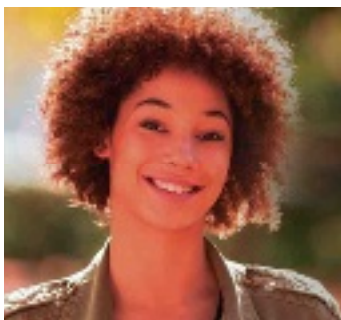
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Limited model shown*

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*

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L MANUAL**



2014 Elantra "Highest Ranked Compact
Car in Initial Quality in the U.S."*

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DESTINATION FEES. PLUS HST.



GLS model shown*

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*

**2015 ACCENT
5-DOOR L MANUAL**



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Car in Initial Quality in the U.S."*

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DEALER INVOICE PRICE OF \$14,591*
INCLUDES \$636 IN PRICE
ADJUSTMENTS*, DELIVERY AND
DESTINATION FEES. PLUS HST.



Limited model shown*

HWY: 9.3L/100 KM
CITY: 11.6L/100 KM*

**2015 TUCSON
GL FWD MANUAL**

2015 CLEAROUT

FINANCE FOR ONLY
\$64 WEEKLY

AT **0%
FOR 84 MONTHS
WITH \$0 DOWN***

DEALER INVOICE PRICE OF \$23,419*
INCLUDES \$473 IN PRICE
ADJUSTMENTS*, DELIVERY AND
DESTINATION FEES. PLUS HST.



Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*

**2015 SANTA FE
SPORT 2.4L FWD**

ALSO
AVAILABLE IN

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SEATING**

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DESTINATION FEES. PLUS HST.



Sport 2.0T model shown*

HWY: 7.4L/100 KM
CITY: 10.4L/100 KM*

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The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. †Price adjustments of up to \$636/\$719/\$1,252/\$473/\$1,313 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ‡Purchasers or lessees of a new 2015 Hyundai (except the following model trims: 15MY Accent 4DR L 6MT, 15MY Elantra Sedan L 6MT, 15MY Tucson GL FWD MT, & 15MY Santa Fe Sport Base FWD), who attended the Ottawa Gatineau International Auto Show in Ottawa and received a coupon will be entitled to a \$500 price adjustment through participating Ottawa dealers: Surgenor, Bank Street Pathway, Myers, Myers Kanata, Hunt Club, Harmony, Hawkesbury, Smiths Falls, Pembroke, Seaway. Price adjustment is applied after tax. Offer can be combined with all other Hyundai Canada retail offers. Offer expires March 25th, 2015. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Offers available for a limited time, and are subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. *Finance offers available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are \$40/\$45/\$68/\$64/\$76 for 84 months. \$0 down payment required. Cost of Borrowing is \$0. Finance offers include Delivery and Destination of \$1,595/\$1,595/\$1,695/\$1,760/\$1,795, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, and license fees. Financing example: 2015 Accent 5-Door L Manual for \$14,591 at 0% per annum equals \$40 weekly for 84 months for a total obligation of \$14,591. \$0 down payment required. Cash price is \$14,591. Cost of Borrowing is \$0. Finance example includes Delivery and Destination of \$1,595, levies and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. No Charge Hybrid Offer: *Purchase or lease a new 2015 Sonata Hybrid and you will be entitled to a \$2,000 factory to dealer credit. The manufacturer's estimated retail value for Sonata Hybrid Offer is \$2,000. Factory to dealer credit applies before taxes. Offer cannot be combined or used in conjunction with any other available credits. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. No Charge Hybrid Offer not available on the 2015 Sonata Hybrid Limited or Limited with Technology, or the 2015 Sonata GL Auto, Sport, Sport with Technology, Limited, 2.0T or 2.0T Ultimate. *Prices of models shown: 2015 Accent GLS Auto/Elantra Limited/Sonata Sport 2.0T/Tucson Limited AWD/Santa Fe Sport Limited AWD are \$21,277/\$26,927/\$32,943/\$35,892/\$41,577. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,695/\$1,760/\$1,795, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited(HWY 6.7L/100KM; City 9.7L/100KM); 2015 Sonata Sport 2.0T (HWY 7.4L/100KM; City 10.4L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality StudySM (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. *††Δ*†Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

Hyundai Pembroke
1945 Petawawa Blvd.
Pembroke, 613-735-5636

Myers Kanata Hyundai
400-2500 Palladium Dr.
Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
Rockland, 613-446-2220

Surgenor Hyundai
895 St. Laurent Blvd.
Ottawa, 613-741-1800